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U. S. Department

Housekeepers' Chat

Monday, November 12, 1928.

NOT FOR PUBLICATION

Subject: "When Jelly Makers Get Together." \Information about Crabapple Jelly and menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: (Mimeographed instructions for making jelly may be obtained free from the Bureau of Home Economics, Washington, D. C.)

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When two good jelly makers get together, what a lot of fun they can have.

Two or three weeks ago two friends of mine in the Bureau of Home Economics, the Recipe Lady and the Menu Specialist, made a big supply of Crabapple Jelly.

They started with half a bushel of bright red crabapples, and 18 pounds of sugar, and they ended with 70 glasses of clear sparkling jelly. They used what is called three-quarter size jelly glasses. The Recipe Lady prefers these low, broad, jelly glasses to the taller kind, because the mold of jelly, when turned out for serving, is not top-heavy and does not fall over in the dish when the first spoonful is cut from it, as happens when taller glasses are used.

From the first extraction juice they got 40 of these three-quarter glasses full. And I've never seen crabapple jelly of deeper, richer pink, and better texture.

They made up the juice, 6 cupfuls at a time, as the Recipe Lady advised you. In the first three lots they used equal quantities of juice and sugar. Then the Recipe Lady decided she'd like some of the jelly a little less sweet than this, so she used only 3/4 cup of sugar, to each cup of juice. The next morning when they looked at their jelly it seemed at first as though even the Recipe Lady, with all her experience in jelly making, had made a mistake. For crabapple juice is very rich in pectin, and it really needs equal quantity of sugar to make firm jelly quickly. So when the Recipe Lady and the Menu Specialist looked at the very soft, very quivery jelly which the 3/4 sugar had given, they were a little disappointed. But they decided to simply let it stand for a day under its cheesecloth cover, near a window in the bright October sunshine. And sure enough, by evening it was firm enough to seal with melted paraffin.

After the pomace or fruit pulp, had dripped all it would for the first extraction, the Recipe Lady added water to it (about 5 quarts for this quantity of pomace from 1/2 bushel of crabapples), cooked it again for 10 to 15 minutes, stirred it vigorously to keep it from burning, and put it back into the jelly bags to get a second extraction of juice. This time the canton flannel jelly

bags were pressed to get out every drop of juice. Even with this pressure, the juice was remarkably clear, because such heavy material was used for the jelly bag.

From this second extraction of juice they got 30 more glasses of jelly. Some of this they spiced, ever so delicately, with stick cinnamon and whole cloves tied in a bit of cheesecloth and dropped into the juice and sugar as they boiled. And some they made into emerald green mint jelly, by adding green coloring matter and a few drops of essence of peppermint. In that they learned something too. Crabapple juice of such a bright red takes quite a little green coloring matter, of the kind made especially for coloring foods, to give a lovely green. If not enough green is put into the deep red juice the jelly will be a dull brown. With more of the green color added, it will take on the desired emerald hue.

I might tell you how the Menu Specialist dashed off to the store to get more green coloring matter, while the Recipe Lady watched the boiling juice. But perhaps they think I've told enough about their annual spree of making crab-apple jelly. If none of their friends are listening, however, I'll whisper this: they are planning to give some of this jelly for Christmas presents--- a glass of the rosy pink, and a glass of the green, tied up together in a gay paper with a tinsel ribbon.

Now let's see where we are. The Menu Specialist doesn't spend <u>all</u> her time making Jelly. If she did, she couldn't plan menus for us. The one for today sounds mighty good. Chicken is the main dish. Is there anybody here who doesn't like chicken? Then he'd better leave, for its chicken we're having. How would you like it cooked with diced celery, carrots, a little onion, and perhaps green pepper in a casserole, or covered iron pot? Even an <u>old</u> fowl, ready to be discarded from the farm flock, can be made tender in this way, and the flavors of vegetables and chicken make a delicious blend.

Here's our menu, before I forget it: Casserole Fowl with Vegetables; Rice; Cauliflower; Celery Hearts (the tougher stalks will be used in the casserole dish); Sweet Cucumber Pickle; and Coffee Jelly. Quite a pretentious dinner, isn't it.

You'll need eight ingredients, for the Casserole Fowl with Vegetables:

4 or 5 pound fowl	1 green pepper
3 carrots	2 Tablespoonfuls of Butter or Cooking Fat,
2 medium-sized stalks of celery	1 cupful of milk, and
1 onion	1½ tablespoonfuls of flour

Slice or chop the vegetables in very small pieces. Cut the fowl into pieces of the right size for serving, dust them with flour, season with salt and pepper, and brown delicately in the fat. As the fowl is removed from the frying pan, place it in a casserole. Pour the chopped vegetables into the

frying pan and let them absorb the browned fat. Then transfer the vegetables to the casserole with the chicken and add a cupful of hot water, cover tightly and cook in a slow oven for three hours, or longer if the fowl is very tough. Add more water from time to time if necessary. Just before serving remove the pieces of fowl and add the milk and flour, which have been blended. Cook for ten minutes longer and pour this vegetable sauce over the fowl, or replace it in the sauce and serve from the casserole. Make plenty of the sauce. If one casserole will not hold it all, use a second or some other heavy covered vessel for cooking part of the fowl and vegetables.

There's nothing else on the menu which needs explaining, unless it's the Coffee Jelly. Ever serve Coffee Jelly, with Whipped Cream? The recipe is in the Radio Cookbook, but since the recipe is very short, I'll be obliging, and broadcast it. Only four ingredients, for Coffee Jelly, with Whipped Cream:

2 tablespoons gelatin	1 quart hot coffee, and a
1/2 cup sugar	Pinch of salt

Dissolve the gelatin in about 1 tablespoon of cold water, and combine it with sugar and hot coffee. Serve with whipped cream, or with plain cream. If desired, just before the gelatin sets combine it with unwhipped cream and let stand until firm.

To repeat the menu: Casserole Fowl with Vegetables; Rice: Cauliflower; Celery Hearts; Sweet Cucumber Pickle; and Coffee Jelly.

Tomorrow: "Care of Food in the Home."

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